



**YOU
ARE
IMPORTANT.**

Finding a
solution to your
problems can
bring back
some control.

**REACH
OUT**

**FEEL
BETTER**

CALL OR TEXT 988.

This mental health message is brought to you by:

Auburn Community Hospital • Bolton's Pharmacy • Carthage Area Hospital • Cayuga County Government • Claxton-Hepburn Medical Center • Community Health Center of the North Country • East Hill Medical Center • Fort Drum Regional Health Planning Organization • Jefferson County Government • Lewis County Health System • Lewis County Government • North Country Initiative • Oneida County Government • River Hospital • Samaritan Medical Center • St. Lawrence County Government • Upstate Medical University